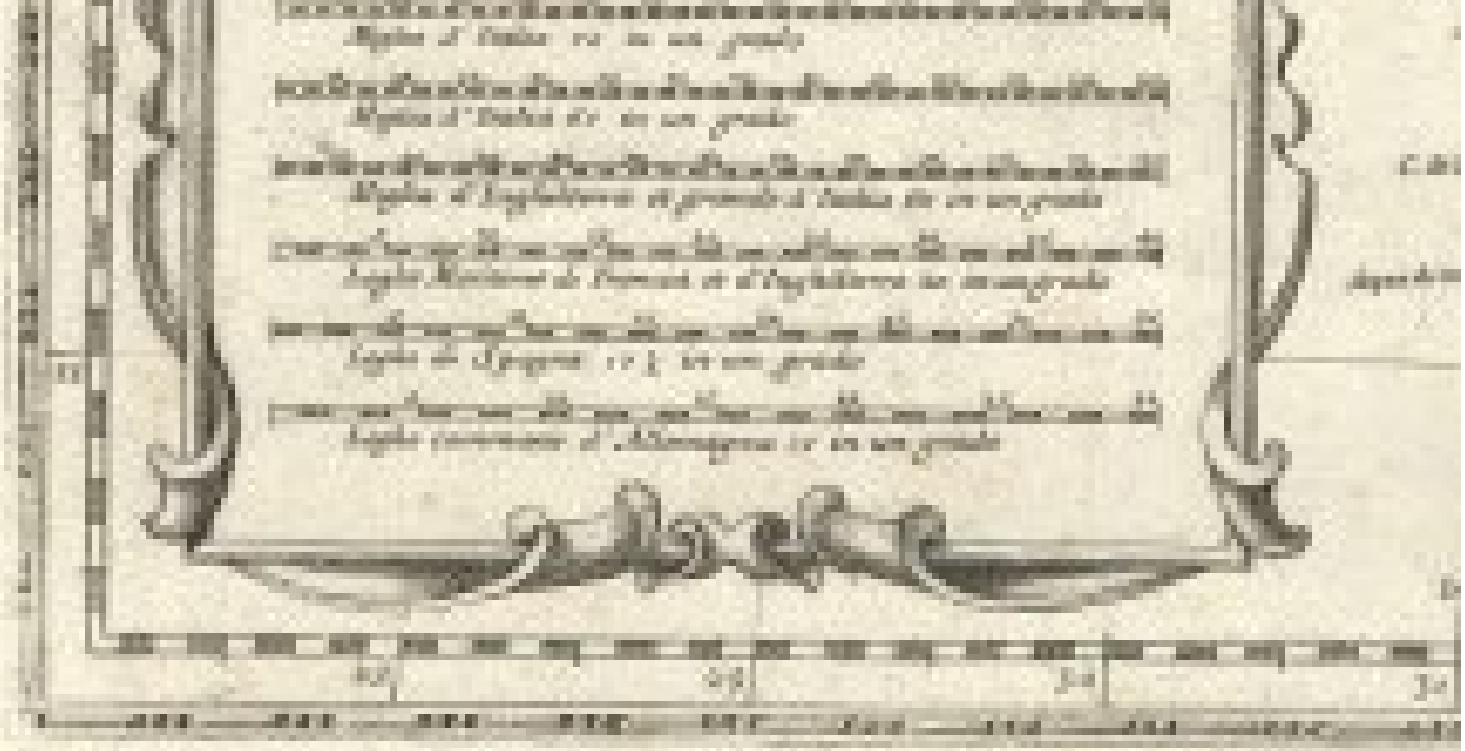Scala delle Miglia